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# Carpal Tunnel Syndrome

## Work Related Upper Limb Disorder Guides

### 1 What's CTS?

A relatively common condition, carpal tunnel syndrome affects the small carpal bones and ligaments in the wrist. The carpal tunnel, which separates these two areas, has a small nerve in it called the median nerve, and squashing it causes you to feel pain, numbness and tingling, pins and needles and loss of strength in the wrist and fingers. Dry skin is often an accompaniment too.

Confusingly, Cubital tunnel syndrome has many similar symptoms but it's the Ulnar nerve in the elbow that's affected here. You can tell which one you have as carpal tunnel syndrome usually occurs in the first three fingers of the hand whereas Cubital tunnel syndrome affects the ring and little fingers. Both are equally painful and are caused by using keyboards at work.

### 2 What Can I Do?

Don't suffer in silence. Keeping quiet can make things worse, both for you and your employer. RSI is as serious as any other work-based accident or incident, and you could miss out on compensation if your employer's been negligent in any way.

Companies will have insurance in place for situations like this and they'll have their own solicitor to fight their case. It doesn't matter how long you've been there either; your rights remain the same.

If you believe you have developed RSI as a result of your work and your employer has been negligent, you could be entitled to compensation. If you'd like to discuss your situation, you can call us on  
0800 122 3130